







Estimating Portions

-  **1/2 c.**
Use to estimate grains, fruits and vegetables
-  **1 c.**
Use to estimate fruits and vegetables
-  **3 oz.**
Use to estimate lean protein
-  **1 tsp.**
Use to estimate oil or butter
-  **2 Tbsp.**
Use to estimate cheese or nut butter
-  **1/2 c.**
Use to estimate servings of snacks

MOTHERS' Project Plate

Choose daily from each group:

WATER
8-12 c.

Drinks with sugar
Caffeinated drinks
Fruit juice
Gatorade
Soda

Artificial sweeteners are generally considered safe during pregnancy, with the possible exception of saccharin and aspartame. Consult your physician for more information on whether these are safe for you.

6 oz

LEAN MEAT/ PROTEIN
1 oz lean meat/fish
1/4 c. cooked beans
1 T nut butter or 1/2 oz nuts
Choose 8-12 oz of fish each week

6+

NON-STARCHY VEGGIES
"low-sodium," "no salt added," or "unseasoned"
1/2 c. cooked or canned
1 c. raw or frozen

7

GRAINS/ STARCHY VEGGIES
"whole grain;" "low sugar;" "low sodium"
1/2 c. cooked cereal, pasta, rice
1/2 c. cooked starchy veggies
1 c. ready-to-eat cereal

3

DAIRY
"with added Vitamins A&D"
"low-fat or non-fat"
1 c. milk, prepared

2

FRUIT
"packed in juice"
1 c. fresh, frozen, canned
1/4 c. dry

Prenatal Vitamin

**Remember to take your prenatal vitamin/mineral daily

**Always follow your doctor's instructions. If you have high blood pressure, high blood sugar or other special medical conditions, ask for a visit with a dietitian

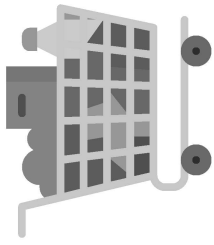
1" Help control portions - choose a **9"** plate





MOTHeRS' Shopping Guide

Foods to ask for to support both mom and baby's health



Grains & Starchy Vegetables

Look for:
"100% Whole Wheat" or
"Whole wheat/grain"

- Brown rice
- Egg noodles
- Whole grain cereal (< 10g sugar)
- Whole wheat noodles
- Whole wheat tortillas
- Whole wheat bread
- Corn tortillas
- Grits
- Oatmeal (low sugar)
- Whole grain crackers
- Corn bread
- Mac & Cheese (low fat)
- Popcorn

Starchy Vegetables

Canned, frozen or fresh

- Corn
- Lima beans
- Mashed potato flakes
- Sweet potatoes
- Sweet green peas
- Beans, all types

Vegetables

Canned, frozen or fresh
Look for:

"No salt added" or
"Low Sodium" or
"Unseasoned"

- Asparagus
- Green beans
- Carrots
- Mixed vegetables
- Collard greens
- Spinach
- Mushrooms
- Okra
- Pumpkin
- Tomatoes
- Tomato Sauce
- Salsa
- Broccoli
- Brussel Sprouts
- Squash

Shopping Tips:

- ▶ Canned fruits and vegetables are **NUTRITIOUS**- just look for items that are "low sodium," "low sugar," or "unseasoned"
- ▶ Drain and rinse canned vegetables to remove half of the sodium
- ▶ Buy in bulk whats on sale and freeze in smaller portions for later

Protein

Canned, frozen or fresh
Look for:

"Packed in water" or
"No added sugar" or
"Low sodium"

- Lean Poultry
- Salmon
- Canned Chunk **Light** Tuna
- Sardines, in water
- Lean red meat
- Eggs
- Peanut Butter
- Nuts and Seeds

Starchy Protein

Canned, or dried
Look for: "Low Sodium"

- Beans, all types
- Lentils
- Baked beans
- Hummus/Chickpeas

Limit these foods:

- ▶ Caffeinated beverages
- ▶ Sugar-sweetened drinks
- ▶ Candy and chocolates
- ▶ Sweet breads/doughnuts
- ▶ Sugary cereals or bars
- ▶ Chips and fried snacks

Fruits

Canned, frozen or fresh
Look for:

"Packed in juice" or
"No sugar added" or
"Unsweetened"

- Applesauce
- Mandarin oranges
- Peaches
- Pears
- Pineapple
- Mixed fruit
- Mango
- Fruit cups
- Raisins, cranberries, or prunes
- Any fresh fruit

Dairy

Canned, liquid, or dried
Look for:

"Low/Non-fat" or
"Sugar-Free"

- Skim, 1%, or 2%, evaporated milk
- Nonfat, instant dry milk powder
- Yogurt, low fat and low sugar
- Cottage cheese, skim
- Sugar-free pudding or pudding mixes

Say NO to these foods: May NOT be safe for mom or baby



Fish high in mercury:

Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish

Soft cheeses:

Queso fresco, Queso blanco, panela, brie, feta

Sushi and smoked seafood from deli section

Deli meats, hotdogs, and premade meat or seafood salads

Unpasteurized milks,

cheeses, juices, or ciders

Alcohol

